



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

NEWS AND INFORMATION FROM
The Grand Traverse Bay YMCA

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<http://newsgtbayymca.blogspot.com> | We are on Facebook & Twitter

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For nearly 120 years, the game of basketball has been played at YMCAs. Dr. James Naismith, instructor at a Y in Springfield, Massachusetts, on a rainy day in 1891 invented the game to keep people active no matter the weather outside. His peach basket was connected 10 feet high used as the rim, and after creating the rules Naismith game was played in earnest.

The Grand Traverse Bay YMCA continues this tradition of basketball by having the sport learned and played by all ages in gymnasiums throughout our area. This YMCA has a philosophy of training skills of sports, then form teams to further learn the rules and play, then leagues, and the long tradition on play throughout a lifetime. Our men's church league has been playing for over 30 years. Being a Y, the program is based on our four core values of caring, honesty, respect, and responsibility.

The various levels of basketball taught and played at the Y in the coming months include:

- **PEE WEE SPORTS/BASKETBALL.** This is the most basic level of basketball with ages 3 – 5 year olds learning the basics of dribbling, passing, and shooting. The class meets for six weeks beginning Wednesday, October 26 from 4:30 pm to 5:30 pm and played at our main facility. Registration is \$25 for Y members and \$60 for non-members with a deadline for sign up of October 17.
- **BASKETBALL SKILLS.** This class continues to focus on basic skills and begins to work on positions, strategy, rebounding, and blocking. The six week class beginning on October 26 at the main Y and is divided

into two age levels: grades Kindergarten to 3 meets from 5:30 pm – 6:30 pm and grades 4 to 6 meets from 6:30 pm to 7:30 pm.

Registration is \$25 for Y members and \$60 for non-members with a deadline for sign up of October 17.

- FALL BOYS BASKETBALL LEAGUES. These teams are generally formed by school for grades 2 to 5. Eleven (11) players per team is the maximum size. All games are officiated. All players get a t-shirt. These games are played on Saturdays from November 12 to December 17. Registration is \$35 for Y members and \$70 for non-members with a deadline for sign up of October 28.
- MENS WINTER BASKETBALL LEAGUE. This recreational league for men plays in five divisions (B1, B2, B3, 30 & Over, and Church) at area Traverse City gyms from the week of October 30 and concluding sometime in March 2012. The league plays in a round robin format with an end of season tournament. Registration is \$550 team sponsor fee plus a \$25 per player fee. Register now.

Call Barb Beckett at 933-9622 for more information. Visit the Ys website at www.gtbayymca.org for detailed information and schedules.

“It’s more than just a membership ... It’s the YMCA!”